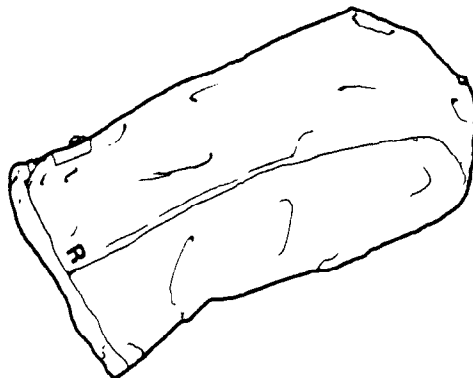


Anti-Exposure Mittens. Chloroprene-coated nylon inner and outer layers; inflatable liner. Intended to provide protection for aircrew members' hands in the cold.

Approximate Cost: \$42

8415-00-460-2825 Universal size



Gloves, Cloth, Anti-contact. Gunn-cut design with leather reinforced palm, fingers and a Bolton thumb. For use in cold wet/dry regions where dexterity and protection from cold metal contact are required.

Approximate Cost: \$10

8415-00-227-1220 Small
8415-00-227-1221 Medium
8415-00-227-1222 Large



Glove Inserts, Wool-Nylon. 75% wool/25% nylon knit. Ambidextrous design with knitted hands, fingers and thumbs. Worn with various glove shells for added warmth.

Approximate Cost: \$2

8415-00-682-6673 1
8415-00-682-6674 2
8415-00-682-6675 3
8415-00-682-6676 4
8415-00-682-6677 5



Gloves, Shells, Leather. Full grain, black chrome-tanned cattlehide or horsehide shells. Water-resistant treated. For use in light-duty work, mosquito protection or with wool glove inserts for dry cold wet applications.

Approximate Cost: \$13

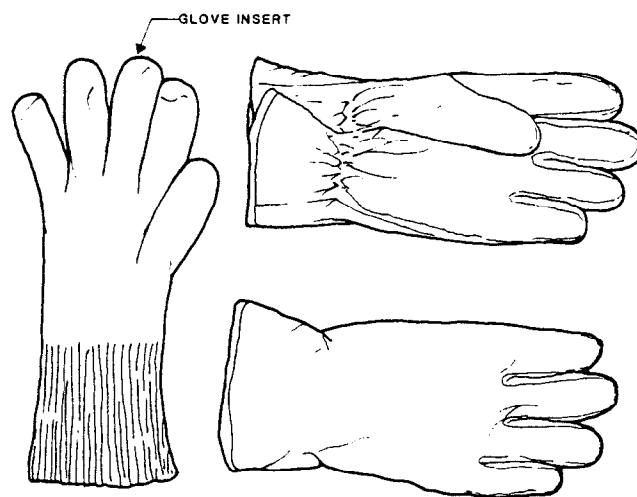
8415-00-634-4794	1
8415-00-634-4793	2
8415-00-269-5700	3
8415-00-269-5701	4
8415-00-269-5702	5



Lined Glove, HAU-6/P. Brown intermediate-weight leather glove shell. Designated for use by all aircrew members to supplement cold weather protection. Worn with wool-nylon glove inserts.

Approximate Cost: \$10

8415-00-261-4771	Small	3
8415-00-261-4770	Medium	4
8415-00-261-4769	Large	5
8415-00-261-4768	X-Large	6



HEADGEAR

Navy Standard Hood, Extreme Cold Weather.
Nylon twill, chloroprene rubber-coated on the underside; nylon fleece knitted lining; visor and protective nose flap. Hook and pile nylon tape fastening. Attached to garments with loops. Waterproof. For cold and cold/wet conditions

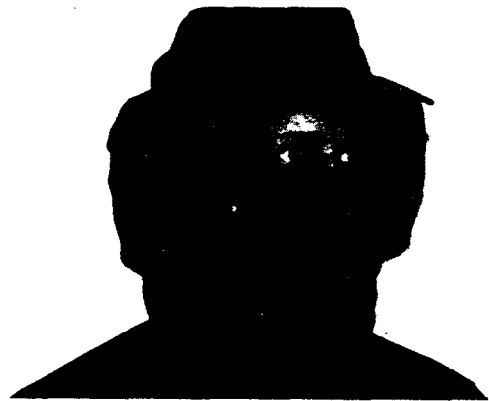
Approximate Cost: \$9

8415-00-472-4695 Without ear pods



Navy Standard Hood, Extreme Cold Weather.
Same as above, with the addition of ear pods.

8415-00-472-4696 With ear pods for phones
or oral sound protections



Navy Standard Hood, Extreme Cold Weather (Shore). Similar to hood described above. Features a fur ruff and chest slide fastener closure. Head size in inches shown after size below.

Approximate Cost: \$16

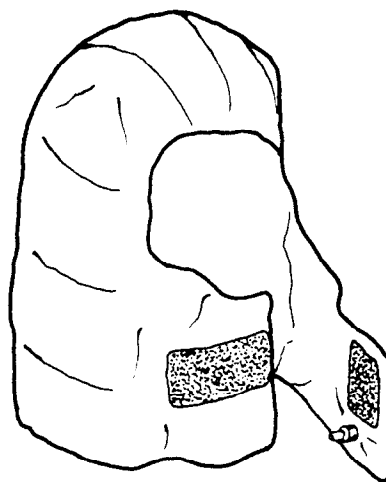
8415-00-753-5603	Small	6 5/8 - 6 3/4
8415-00-753-5604	Medium	6 7/8 - 7
8415-00-753-5605	Large	7 1/8 - 7 1/4
8415-00-753-5606	X-Large	7 3/8 - 7 1/2



Anti-Exposure Hood. Chloroprene coated nylon life preserver cloth. Inflatable hood has an oral valve and snap fastener closure.

Approximate Cost: \$71

8475-01-255-7490 Universal size



Mask, Extreme Cold Weather (white). Nylon knitted and cotton jersey cloth laminated together. Contoured covering with adjustable head harness, eyeglass retention holders, a padded malleable aluminum nosebridge stiffener.

Approximate cost: \$8

8415-01-006-3468 Universal size



Mask, Extreme Cold Weather. Olive green, vinyl coated nylon mask with wool felted lining. Waterproof outer surface. The mask is contour shaped with adjustable head straps, and snap fastened nose and mouth coverings. For use in extreme low temperatures.

Approximate Cost: \$8

8415-00-243-9844 Universal size



Navy Standard Mask, Extreme Cold Weather. Laminated composite: Nomex/Kevlar, polytetrafluoroethylene film, polyurethane foam and cotton knit. Adjustable head straps. Hook and loop nose fastener. Fire- and water-resistant.

Approximate Cost: \$11

8415-01-181-1398 Universal size



Navy Standard Cap, Cold Weather (A-2). Olive green, cotton/nylon shell with nylon linings. Visor and fold-down ear covering.

Approximate Cost: \$5

8415-00-753-6507	Small	6 5/8 - 6 3/4
8415-00-753-6508	Medium	6 7/8 - 7
8415-00-753-6509	Large	7 1/8 - 7 1/4
8415-00-753-5610	X-Large	7 3/8 - 7 1/2



Navy Standard Cap, Knit (watch). Enlisted personnel's watch cap. Navy blue wool.

Approximate Cost: \$2

8405-01-006-1074 Universal size.



Cap, Cold Weather Insulating Helmet Liner. Fully lined, cold weather head covering having a turndown forehead flap (sinus protector), three-piece crown, a stretch gusset with an elastic strap at the center back and earflaps with nylon fastener hook and pile tape overlap closure. Worn alone or as a liner for helmet.

Approximate Cost: \$10

8415-00-782-2916	6 1/2
8415-00-782-2917	6 3/4
8415-00-782-2918	7
8415-00-782-2919	7 1/4
8415-00-782-2920	7 1/2
8415-00-782-2921	7 3/4



JACKETS, TROUSERS AND SUITS

Navy Standard A-1 Extreme Cold Weather Jacket. Green, chloroprene rubber-coated nylon twill. Features a quilted lining, cotton corduroy collar and knitted cuffs. Single-breasted with zipper closure and buttoned extension flap. Used with trousers and hood in cold and wet cold areas

Approximate Cost: \$47

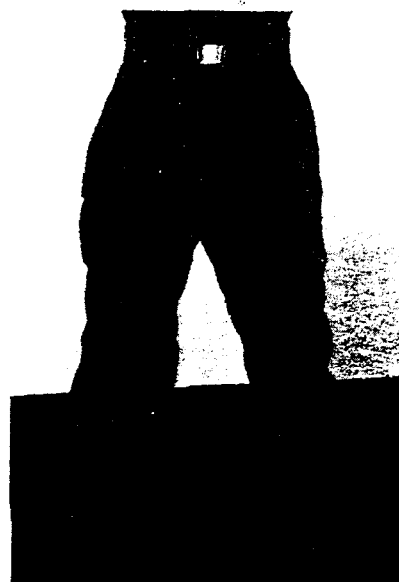
8415-00-349-9313	Small	34-36
8415-00-349-9314	Medium	38-40
8415-00-349-9315	Large	42-44
8415-00-349-9316	X-Large	46-48
8415-00-349-9317	XX-Large	50-52



Navy Standard A-1 Extreme Cold Weather Trousers. Waterproof and insulated. Zipper and button fly closure. Equipped with belt and suspender loops, and adjustable take-up straps near bottom of trousers. For use with above jacket in cold and wet cold areas.

Approximate Cost: \$41

8415-00-575-1225	Small	27-30
8415-00-575-1230	Medium	31-34
8415-00-575-1240	Large	36-38
8415-00-575-1246	X-Large	39-42
8414-00-575-1247	XX-Large	43-46
8415-00-349-9317	XXX-Large	50-52



Navy Standard A-2 Intermediate Cold Weather Jacket. Olive green permeable cotton, nylon sateen cloth jacket. Knitted nylon fleece lining and knitted wool cuffs. Single-breasted design with zipper and buttoned over-flap. Water-repellent treated.

Approximate Cost: \$24

8415-00-753-5611	Small
8415-00-753-5612	Medium
8415-00-753-5613	Large
8415-00-753-5614	X-Large
8415-00-753-5615	XX-Large



Navy Standard A-2 Intermediate Cold Weather Trousers.

Olive green, permeable cotton nylon sateen. Lined with knitted nylon fleece. Zippered and buttoned fly closure. Patch pockets, belt loops and leg adjustment straps. Water-repellent treated.

Approximate Cost: \$27

8415-00-013-4834	Small
8415-00-013-4835	Medium
8415-00-013-4836	Large
8415-00-013-4837	X-Large
8415-00-013-4838	XX-Large



Hood, Flyers. Sage green aramid twill cloth hood. Fire-resistant. Pile lining and synthetic fur ruff. For use by flight personnel for cold weather protection.

Approximate Cost: \$41

8415-01-027-6034 Universal size

Cold Weather Flyer's Jacket, CWU-45/P. Outer shell with wristlets and waistband of aramid material, and a quilted lining. Emergency marker panel and pouch are included. Provides thermal anti-exposure protection at low temperatures.

Approximate Cost: \$114

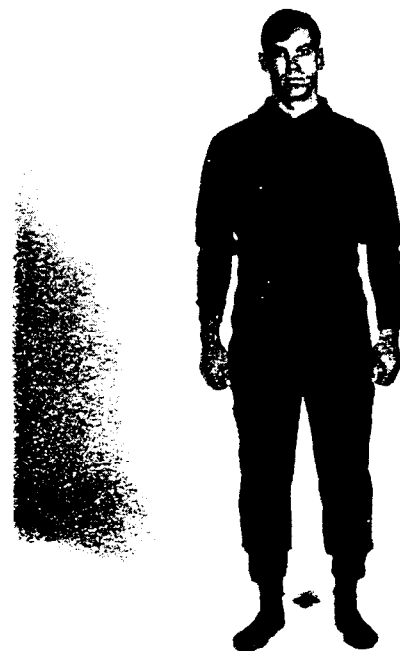
8415-00-310-1111	Small	34-36
8415-00-310-1126	Medium	38-40
8415-00-320-1133	Large	42-44
8415-00-310-1140	X-Large	46-48



ECWCS Bib Overall. Brown fiber pile. Elastic suspenders, full length side seam zippers, quick release buckles. Worn under trousers for temperatures below -25°F. (Pictured with ECWCS Undershirt from page 20.)

Approximate Cost: \$22

8415-01-228-1323	X-Small	Short-Regular
8415-01-228-1324	X-Small	Long
8415-01-228-1325	Small	Short-Regular
8415-01-228-1326	Small	Long
8415-01-228-1327	Medium	Short-Regular
8415-01-228-1328	Medium	Long
8415-01-228-1329	Large	Short-Regular
8415-01-228-1330	Large	Long
8415-01-228-1331	X-Large	Short-Regular
8415-01-228-1332	X-Large	Long



Extended Cold Weather Parka. Camouflaged, three-layer laminated material. Windproof and waterproof. Allows perspiration to pass through. Integral hood, pockets, waist cord and wrist closures. +40° to -25°F.

Approximate Cost: \$123

8415-01-228-1306	X-Small	X-Short
8415-01-228-1307	X-Small	Short
8415-01-228-1308	X-Small	Regular
8415-01-228-1309	X-Small	Long
8415-01-228-1310	Small	X-Short
8415-01-228-1311	Small	Short
8415-01-228-1312	Small	Regular
8415-01-228-1313	Small	Long
8415-01-228-1314	Medium	X-Short
8415-01-228-1315	Medium	Short
8415-01-228-1316	Medium	Regular
8415-01-228-1317	Medium	Long
8415-01-228-1318	Large	Short
8415-01-228-1319	Large	Regular
8415-01-228-1320	Large	Long
8415-01-228-1321	X-Large	Regular
8415-01-228-1322	X-Large	Long

ECWCS Extended Cold Weather Trousers.
Same as parka.

Approximate Cost: \$79

8415-01-228-1336	X-Small	X-Short
8415-01-228-1337	X-Small	Short
8415-01-228-1338	X-Small	Regular
8415-01-228-1339	X-Small	Long
8415-01-228-1340	Small	X-Short
8415-01-228-1341	Small	Short
8415-01-228-1342	Small	Regular
8415-01-228-1343	Small	Long
8415-01-228-1344	Medium	X-Short
8415-01-228-1345	Medium	Short
8415-01-228-1346	Medium	Regular
8415-01-228-1347	Medium	Long
8415-01-228-1348	Large	Short
8415-01-228-1349	Large	Regular
8415-01-228-1350	Large	Long
8415-01-228-1351	X-Large	Regular
8415-01-228-1352	X-Large	Long



Anti-Exposure Flying Coverall, CWU62/P.
Designed for continuous wear. Provides aircrews with protection from cold water, wind and spray in the event of emergency over-water aircraft egress. Dry-type, one-piece suit, constructed of Nomex/Gore-tex that is moisture/vapor permeable. Entrance opening across chest is sealed with water and pressure sealing zippers. Worn with CWU-62/P liner pictured below and other insulating clothing.

Approximate Cost: \$386

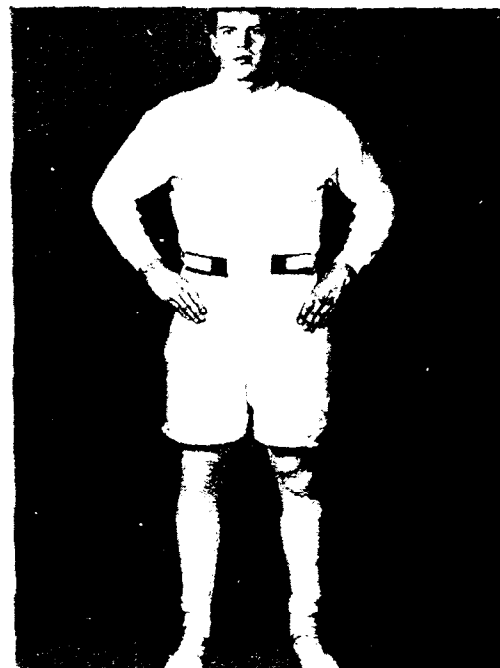
8475-01-179-9992	Small	Short
8475-01-174-2047	Small	Regular
8475-01-176-9158	Small	Long
8475-01-176-9159	Medium	Short
8475-01-176-9160	Medium	Regular
8475-01-176-9161	Medium	Long
8475-01-176-9162	Large	Short
8475-01-176-9163	Large	Regular
8475-01-176-9164	Large	Long
8475-01-176-9165	X-Large	Short
8475-01-176-9166	X-Large	Regular
8475-01-176-9167	X-Large	Long



Anti-Exposure Flying Coverall, Liner CWU-72/P. Liner is a one piece garment worn directly under coverall and over other clothing.

Approximate Cost: \$70

8475-01-204-2638	Small	Short
8475-01-204-9145	Small	Regular
8475-01-237-7846	Small	Long
8475-01-216-4259	Medium	Regular
8475-01-237-7847	Medium	Long
8475-01-204-2639	Large	Regular
8475-01-237-7848	Large	Long
8475-01-204-2640	X-Large	Regular
8475-01-237-7849	X-Large	Long



Navy Standard Coveralls, Anti-Exposure.
 Orange chloroprene coated nylon coveralls. Features centerfront zipper, set in sleeve type, hook-pile fastener tape wrist adjustment and leg cuff closure and attached hood. Interlined with plastic foam for emergency buoyancy. Provides in-water protection from hypothermia up to 16 hours in 45°F water.

Approximate Cost: \$99

8415-00-011-5051	Small	34-36
8415-00-011-5052	Medium	38-40
8415-00-011-5053	Large	42-44
8415-00-011-5054	X-Large	46-48



Liner, Extreme Cold Weather Parka. Nylon faced quilted polyester batting liner. Olive green, single-breasted with button attachment. Used with extreme cold weather parka.

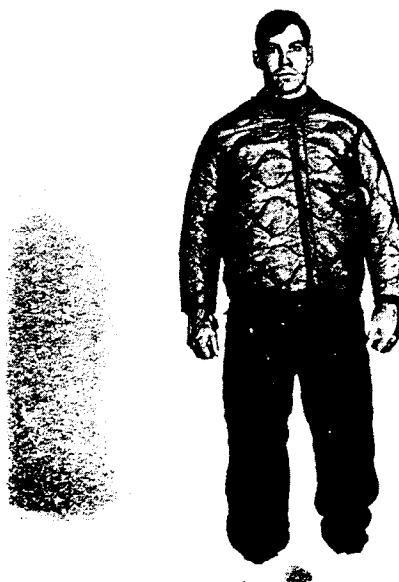
Approximate Cost: \$12

8415-00-782-2881	X-Small
8415-00-782-2882	Small
8415-00-782-2883	Medium
8415-00-782-2884	Large
8415-00-782-2885	X-Large

Extreme Cold Weather Trousers, CWU-18/P.
 Low temperature-resistant aramid material. Shell reinforced with patches on the seat and knees. Knitted ankle cuffs and quilted lining; zippered fly closure; knife pocket, two hip pockets, two thigh pockets and side pass-through; zippered leg openings; waist adjustment straps on back, belt loops and button on elastic suspenders.

Approximate Cost: \$202

8415-01-065-4956	28
8415-01-065-4957	30
8415-01-065-4958	32
8415-01-065-4959	34
8415-01-065-4960	36
8415-01-065-4961	38
8415-01-065-4962	40
8415-01-065-4963	42



Man's Cold Weather Field Coat. Hip length, wind-resistant, water-repellent cotton and nylon sateen cloth coat. Attached hood with drawcord adjustment; slide fastener fly front closure with snap fasteners; two breast pockets and two lower inside pockets with flaps; waist and hem drawcords; and buttons for attaching liner.

Approximate Cost: \$30

8415-01-062-0679	X-Small	X-Short
8415-01-027-6032	X-Small	Short
8415-00-782-2933	X-Small	Regular
8415-00-782-2935	Small	Short
8415-00-782-2936	Small	Regular
8415-00-782-2937	Small	Long
8415-00-062-0678	Medium	X-Short
8415-00-782-2938	Medium	Short
8415-00-782-2939	Medium	Regular
8415-00-782-2940	Medium	Long
8415-00-782-2941	Large	Short
8415-00-782-2942	Large	Regular
8415-00-782-2943	Large	Long
8415-00-782-2945	X-Large	Regular



Cold Weather Field Trousers, Combat and Training. Olive green, water-repellent cotton and nylon sateen. Features a slide fastener fly closure, adjustable waist straps, suspender loops, inside button tabs for liner, pockets and leg hem drawcords.

Approximate Cost: \$22

8415-00-782-2948	X-Small	Regular
8415-00-782-2950	Small	Short
8415-00-782-2951	Small	Regular
8415-00-782-2952	Small	Long
8425-00-782-2953	Medium	Short
8415-00-782-2954	Medium	Regular
8415-00-782-2955	Medium	Long
8415-00-782-2957	Large	Regular
8415-00-782-2958	Large	Long
8415-00-782-2960	X-Large	Regular
8415-00-782-2961	X-Large	Long

Parka, Extreme Cold Weather. Olive green cotton and nylon parka. Water-repellent treated, single-breasted design with zipper and snap-fastened protective flap. Equipped with draw cords at waist and coat bottom. Separate removable liner available.

Approximate Cost: \$26

8415-00-782-3216	X-Small
8415-00-782-3217	Small
8415-00-782-3218	Medium
8415-00-782-3219	Large
8415-00-782-3220	X-Large



Extreme Cold Weather Flying Coverall New CWU-64/P. This coverall is fabricated from the same Nomex fabric used in the CWU-45/P Jacket outer shell. A Nomex or Thinsulate batt is sewn to a Nomex scrim (thinner piece of cloth) and then sewn into the shell to provide the insulation required. This coverall should be available within 6 months and will be used by both Air Force and Navy personnel. It also has a thin cloth hood in the collar of the coverall to provide a windbreak if needed.

Approximate Cost: \$240

8415-01-225-4740



SWEATERS, SHIRTS, UNDERWEAR AND SOCKS

Navy Standard Blue, Knitted Wool Sweater.

Pullover type with a mock-turtleneck and full length sleeves. Moth proofed.

Approximate Cost: \$13

8405-01-005-2550	X-Small	32-34
8405-01-005-2551	Small	36-38
8405-01-005-2552	Medium	40-42
8405-01-005-2553	Large	44-46
8405-01-005-2554	X-Large	48-50



Navy Standard Olive Drab, Wool Knit Sweater.

Pullover type with full length sleeves, convertible collar, high neck opening and five button closure on the front yoke. Moth proofed and shrink-resistant treated.

Approximate Cost: \$23

8405-00-163-8907	Small	34-36
8405-00-163-8906	Medium	38-40
8405-00-163-8905	Large	42-44
8405-00-163-8908	X-Large	46-48



Cold Weather Shirt. Olive green wool and nylon flannel shirt. Coat style button front closure and buttoned sleeve cuffs, a convertible collar, long sleeves and patch pockets with flaps.

Approximate Cost: \$11

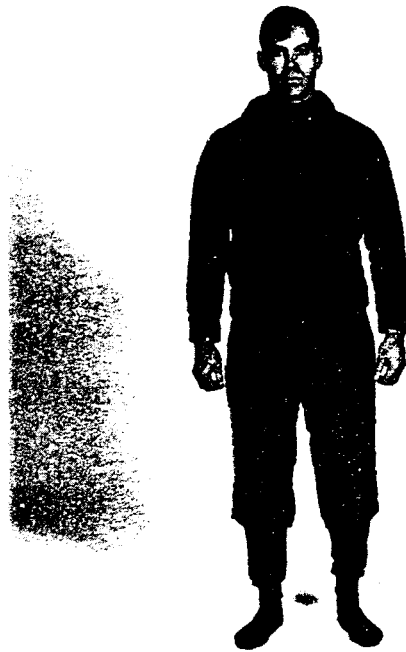
8415-00-188-3794	X-Small
8415-00-188-3792	Small
8415-00-188-3791	Medium
8415-00-188-3798	Large
8415-00-188-3793	X-Large



ECWCS Shirt. Knitted polyester fiberpile. Brown, front zipper, reinforced elbow patches and shoulders, elastic draw cord waist, two chest pockets, two hand-warmer pockets. +40° to -25°F. (Pictured with quilted lining for Extreme Cold Weather Trousers, CWU-18/P from page 14.)

Approximate Cost: \$39

8415-01-228-1353	X-Small
8415-01-228-1354	Small
8415-01-228-1355	Medium
8415-01-228-1356	Large
8415-01-228-1357	X-Large



Navy Standard Extreme Cold Weather Drawers. Natural color cotton, knitted waffle-type drawers. Ankle length with rib knit anklets, boxer style fly and an elastic waistband.

Approximate Cost: \$5

8415-01-051-1175	X-Small	23-26
8415-00-782-3226	Small	27-30
8415-00-782-3227	Medium	31-34
8415-00-782-3228	Large	35-38
8415-00-782-3229	X-Large	39-42

Navy Standard Extreme Cold Weather Undershirt. Natural color, cotton waffle knit undershirt. Rib knit wristlets and collarette. Long sleeves, pullover type.

Approximate Cost: \$5

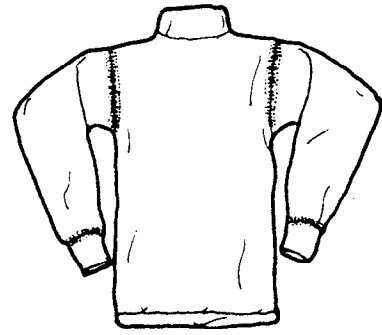
8415-01-051-1174	X-Small
8415-00-270-2012	Small
8415-00-270-2013	Medium
8415-00-270-2014	Large
8415-00-270-2015	X-Large



Cold Weather Undershirt, CWU-44/P. Nomex with full sleeves and tight knit weave cuffs and neck

Approximate Cost: \$13

8415-01-043-8275	X-Small
8415-00-485-6547	Small
8415-00-485-6548	Medium
8415-00-485-6680	Large
8415-00-485-6681	X-Large



Cold Weather Drawers, CWU-43/P. Full length with snug ankles, boxer style fly, elastic stirrups and elastic waistband. Made of Nomex for high temperature resistance.

Approximate Cost: \$11

8415-01-043-4036	X-Small
8415-01-467-4075	Small
8415-01-467-4076	Medium
8415-01-467-4078	Large
8415-00-467-4100	X-Large



ECWCS Undershirt. Knitted, brushed, multifilament polypropylene. Acts as a moisture wicking layer next to the skin. Brown turtleneck with zipper from neck to chest. +40° to -25°F. Warning: May melt at high temperatures, burning skin.

Approximate Cost: \$18

8415-01-227-9547	X-Small
8415-01-227-9548	Small
8415-01-227-9549	Medium
8415-01-227-9550	Large
8415-01-227-9551	X-Large



ECWCS Drawers. Same as undershirt.

Approximate Cost: \$16

8415-01-227-9542	X-Small
8415-01-227-9543	Small
8415-01-227-9544	Medium
8415-01-227-9545	Large
8415-01-227-9546	X-Large

Socks, Extreme Cold Weather. White wool felt socks. High top design

Approximate Cost: \$7

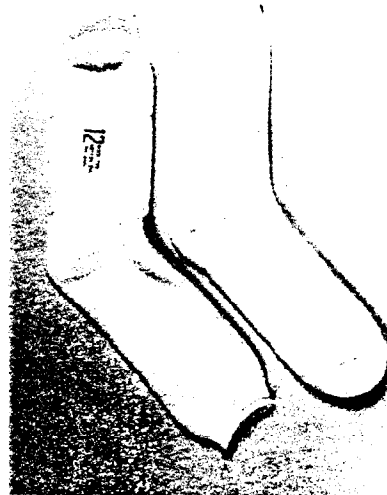
8415-00-177-7992	Small
8415-00-177-7993	Medium
8415-00-177-7994	Large



Navy Standard Socks, Men's Winter. 75% wool/25% cotton.

Approximate Cost: \$3

8440-00-153-6717	10
8440-00-153-6718	11
8440-00-153-6719	12
8440-00-153-6720	13
8440-00-153-6721	14



Boots, Extreme Cold Weather. Mukluk type. Sage green cotton duck upper, rubber sole and heel. Non-slip outer sole of cleated or heavily knurled design. Equipped with two removable felt insoles. For use under dry, cold conditions in temperatures below 15°F. Sized for wear over two pairs of ski socks or one pair of felt socks.

Approximate Cost: \$26

8430-00-269-0098	Small	6 1/2 - 7 1/2
8430-00-269-0099	Medium	8 - 9
8430-00-269-0100	Large	9 1/2 - 10 1/2
8430-00-269-0101	X-Large	11 - 12

Boots, Extreme Cold Weather, Insulated (White). Approximately 28.75 centimeters in height. Incorporates 6 pairs of eyelets. Insulation consists of 3 layers of wool fleece hermetically sealed within an outer and inner layer of rubber. For use at temperatures down to -20°C.

Approximate Cost: \$77

8430-00-823-7924

Cold Weather Mitten Inserts (trigger finger). Wool/Nylon blend. Worn on either hand. Used with mitten shell.

Approximate Cost: \$4

8415-00-160-0769	Medium
8415-00-160-1376	Large

Cold Weather Mitten Shell (trigger finger). Deerskin palms. Insulating polyester batting, cotton/nylon back of hand. Adjustable wrist strap.

Approximate Cost: \$13

8415-00-926-1526	Medium
8415-00-926-1527	Large

Headover Scarf. Circular-knitted two-ply yarn of fleece wool. Tube 54 inches long, 9 inches wide, open both ends. Wraps around neck or pulls over neck and lower face.

Approximate Cost: \$5

8440-00-823-7520 One size

Men's Cold Weather Field Trousers. 100% wool serge. Green with slide fastener fly closure and finished bottoms. Equipped with belt loops, suspender straps, adjustable waist straps and pockets.

Approximate Cost: \$20

8415-00-231-7213	X-Small	Short
8415-00-231-7212	X-Small	Regular
8415-00-231-7207	Small	Short
8415-00-231-7206	Small	Regular
8415-00-231-7205	Small	Long
8415-00-231-7204	Medium	Short
8415-00-231-7203	Medium	Regular
8415-00-231-7202	Medium	Long
8415-00-231-7200	Large	Regular
8415-00-231-7199	Large	Long
8415-00-231-7209	X-Large	Regular
8415-00-231-7208	X-Large	Long

Mitten Shells. Cream colored chrome-tanned cattlehide leather. Water-repellent treated. For use with mitten inserts or wool gloves.

Approximate Cost: \$7

8415-00-240-4645 Universal size

COMMERCIAL CLOTHING

In the event it is not possible to procure standard Navy issue cold weather clothing, the following commercial clothing suppliers are presented to assist with procurement. This does not necessarily represent a complete list of cold weather clothing manufacturers and is not intended to serve as an endorsement for any company.

PARKAS/WINDPANTS/COVERALLS

Eddie Bauer
Box 3700
Seattle, WA 98130-0006

1-800-426-8020

L.L. Bean, Inc.
Freeport, ME 04033

1-800-221-4221

Cabela's, Sidney
812-13th Ave.
Sidney, NE 69160

1-800-237-4444

Mustang Mfg. Inc. (Mustang Survival Suit)
P.O. Box 5844
Bellingham, WA 98227

1-206-676-1782
1-800-553-5628

Ramsey Outdoor
P.O. Box 1689
Paramus, NJ 07653-1689

1-201-261-5000

Refrigiware (-50° Suit)
Inwood, NY

1-516-239-7022

BOOTS/MUKLUKS

Cabela's, Sidney
812-13th Avenue
Sidney, NE 69160

1-800-237-4444

Gander Mountain, Inc.
Highway W, P.O. Box 248
Wilmot, WI 53192

1-800-558-9410

North Winds
271 E. Orvis Street
Massena, NY 13662

1-315-769-9966

HATS/GLOVES/UNDERWEAR/ACCESSORIES

Eddie Bauer
P.O. Box 3700
Seattle, WA 98130-0006

1-800-426-8020

L.L. Bean, Inc.
Freeport, ME 04033

1-800-221-4221

Campmoor
810 Route 17 North
P. O. Box 997-F
Paramus, NJ 07653-0997

1-800-526-4784

Damart
1811 Woodbury Ave.
Portsmouth, NH 03805-0001

1-800-258-7300

Early Winters, Inc.
2800 Hoover Road
Stevens Point, WI 54481

1-715-345-2770

Gander Mountain, Inc.
Highway W, P.O. Box 248
Wilmot, WI 53192

1-800-558-9410

Mass Army Navy Store
15 Fordham Road
Boston, MA 02134

1-800-343-7749

Ramsey Outdoor
P.O. Box 1689
Paramus, NJ 07653-1689

1-201-261-5000

Recreational Equipment, Inc.
P.O. Box C-88125
Seattle, WA 98188-0125

1-800-426-4840

Sportsman's Guide
965 Decatur Avenue North
Golden Valley, MN 55427

1-800-328-7222

BOOT CARE

Many factors are involved in keeping your feet warm and protected: boot construction, boot care, personal hygiene and proper boot wear. The use of your boots is intended to be for the normal day-to-day work routine. Whenever you anticipate extended or prolonged exposure to extreme cold other foot wear should be used (i.e., Mukluks or Bunny Boots).

The following are basic tips on boot preparation and care.

1. Ensure your boots fit comfortably. If they don't try to exchange them for another.
2. Apply a water-repellent sealer compound to all welts, seams and exposed leather. Apply the coating evenly over the entire surface of the boot.

NOTE

Be very liberal with the sealer at all welts and seams.

3. Allow the coating of sealant time to penetrate, at least one hour before wearing.
4. Take a common shoe brush and buff. If mink oil is used, this step is not necessary.
5. Wear your boots for a period of 1 or 2 days to begin breaking them in. Do this before actual intended time of need.
6. After 2 days wear repeat steps 1, 2 and 3.
7. Continue wearing boots and after a day or so, apply a good shoe shine to your boots.
8. Reapply sealant as necessary to your boots, at least twice a month.
9. At day's end after the normal wearing of your boots, remove the fibrous insoles and allow them and the boots to air dry for at least 6 hours. If a device is

available, try to air blow dry your boots for at least an hour. If more than 1 pair of insoles came with your boots, try to wear them on alternate days.

10. A weekly shoe shine will ensure extended boot life and contribute to foot warmth.

- from "BOOT CARE - The Care and Feeding of"

GLOSSARY

1. autoamputation - the spontaneous detachment from the body or the elimination of an appendage.
2. chilblain - an inflammatory swelling or sore caused by exposure to cold.
3. conduction - process by which the body loses heat occurs when the temperature of the air in contact with the skin is below the body temperature.
4. convection - the process by which the body loses heat caused by the motion of the air surrounding the body.
5. dehydration - a lack of sufficient fluid intake to make up for fluids lost.
6. evaporation - the process by which the body loses heat because of increased activity of the sweat glands.
7. frostbite - the freezing of any part of the body. The water in the tissue cells turns to ice and disrupts the normal functions of the tissue.
8. homoiotherm - a warm-blooded animal that maintains a constant body temperature despite changes in the environmental temperature.
9. hyperhidrosis - excessive perspiration
10. hypothermia - a condition that recurs when the body is unable to maintain adequate warmth and the body core temperature drops below normal.
11. metabolism - the rate of burning of calories by the body.
12. photoperiod - the relative lengths of alternating periods of lightness and darkness as they affect the growth and maturity of an organism:
13. rapid eye movement (REM) - the stage of sleep in which dreaming is associated with mild involuntary muscle jerks and rapid eye movements. It usually occurs 3 to 4 times each night at intervals of 80 to 120 minutes, each occurrence lasting from 5 minutes to more than an hour. In adults, about 20% is REM sleep.
14. respiration - water lost when cold, dry air enters the lungs, heats up, picks up moisture and is breathed out.
15. snow blindness - occurs when the retina of the eye is burned by infrared or ultraviolet rays reflected from ice and snow.
16. trench foot - also known as immersion foot, is a cold injury to the feet (possibly the hands) resulting from prolonged exposure to dampness and temperature below 50 degrees F.
17. windchill - a still air temperature that would have the same cooling effect on exposed human flesh as a given combination of temperature and wind speed.